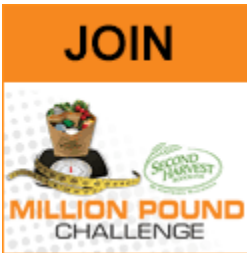


**Get Fit. End Hunger! Join our QP Team for the Million Pound Challenge! Our goal is to donate 25,000 lbs of food to the CMC! Please sign up today to help us meet our goal!!**



The Million Pound Challenge is an annual program sponsored by the Princeton Club to help Southern Wisconsin Get Fit. Lose Weight. And End Hunger!

**For every hour of recorded exercise 10 pounds of food will be donated to the Catholic Multicultural Center's Food Pantry!!**

The Wellness Committee has set up a team as "Our Lady Queen of Peace School" and Signing up is FREE & easy! **You do not need to belong to Princeton Club to participate in this awesome program!**

**Sign up with our QP Team today to help us donate 25,000 lbs of food to the CMC (This program runs through April 30)**

How to Join our QP Team and help the CMC:

- Visit <http://mpc.princetonclub.net/mpc-join-a-team.html> to join our QP team
  - select either exercise or weight loss (exercise is recommended)
- Complete the quick registration form – you simply need an email address (1 email address per person), you do ***not*** need to be a member of the Princeton Club.
  - Select our team: Our Lady Queen of Peace School
  - Enter your personal information
  - Select benefiting hunger relief organization: Catholic Multicultural Center Food Pantry
  - Be sure to click "yes" for reminder emails to record your exercise each week

**[Click here to join our team!!](http://mpc.princetonclub.net/mpc-join-a-team.html)** (insert hyperlink: <http://mpc.princetonclub.net/mpc-join-a-team.html>)

**Step by Step Instructions with pictures follow below on Page 2:**

## Step 1:

- Visit the website: <http://mpc.princetonclub.net/mpc-join-a-team.html>

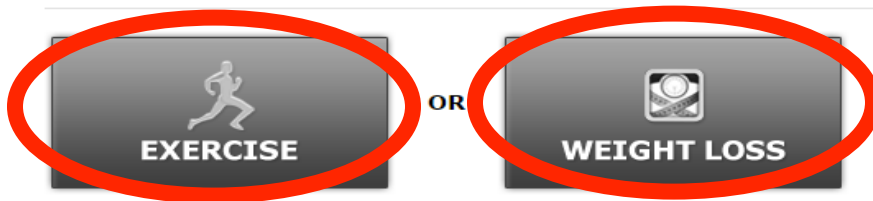
## JOIN A TEAM

To join an existing team, start here! If you don't want to join an existing team, you can [register a team](#) of your own or [sign up as an individual](#) (not part of a team).

Select from the options below to either exercise or lose weight. **Tip:** Most participants raise more food for their benefiting hunger-relief organization through Exercise.

For every 1 hour of exercise or 1 pound of weight loss, 10 pounds of food will be donated to your designated hunger-relief organization.

### JOIN A TEAM



Select either exercise or weight loss (exercise is recommended)

## Step 2: Complete the quick registration form

- You only need an email address (1 email address per person)
- You do not need to be a member at the Princeton Club

Select our Team

Select a Team: \* Our Lady Queen of Peace School ▼

Enter your personal information

First Name: \*

Last Name: \*

Phone Number: \*  (xxx-xxx-xxxx)

Email Address: \*

(If you registered a team, then make sure you register yourself using the same email account.)

User Name: \*

Password: \*

Confirm Password: \*

Select CMC Food Pantry

Select a Benefiting Hunger-Relief Organization: \*

Catholic Multicultural Center Food Pantry (Madison, Dane ▼)

Remember to click "yes" to receive weekly email notifications to remind you to submit your hours of exercise (and yes, it is all "on your honor").